
HOUSE BILL 1188

State of Washington 60th Legislature 2007 Regular Session

By Representatives McCoy, Barlow, Grant, Sells, Roberts, Flannigan, Ormsby, Conway, Santos and Lantz

Read first time 01/12/2007. Referred to Committee on Education.

1 AN ACT Relating to improving the physical health of students;
2 adding a new section to chapter 28A.230 RCW; creating a new section;
3 and providing an effective date.

4 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

5 NEW SECTION. **Sec. 1.** The legislature finds that good physical
6 health is vital to the overall well-being of Washington's youth.
7 Regular physical activity is essential to good physical health, and
8 schools are a logical place for youth to engage in physical activity.
9 It is therefore the intent of the legislature to ensure that during
10 each school day students are provided with adequate opportunities to
11 engage in physical activity.

12 NEW SECTION. **Sec. 2.** A new section is added to chapter 28A.230
13 RCW to read as follows:

14 All public schools must provide to students, in each of grades
15 kindergarten through twelve, opportunities for at least one hour of
16 physical activity each school day, except that where there are fewer
17 than three instructional hours in a school day, schools must provide
18 opportunities for at least thirty minutes of physical activity each

1 school day. Such opportunities may include recess, a physical
2 education class, or other school activities, but must in all instances
3 allow students to be physically active. The hour must be available
4 during instructional hours and may be provided in one block of time or
5 in varying increments throughout the school day. Opportunities to
6 participate in school athletic programs, where the activity occurs
7 before or after instructional hours, do not satisfy this requirement.

8 NEW SECTION. **Sec. 3.** This act takes effect September 1, 2007.

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